

## What Is the Mental Health Services Act?

California's voters passed Proposition 63 in the November 2004 General Election. On January 19, 2005, Proposition 63 was signed into law and renamed the Mental Health Services Act (MHSA).

## What Does the Mental Health Services Fund?

Each county in California has, or are in the process of developing, local plans for new kinds of mental health services. The first of these plans is the Community Services and Supports Plan (CSS).

The objective of the CSS Plan is to provide an array of services to Children, Transition Age Youth, Adults and Older Adults whose needs are not currently being met through other funding sources.

## What Is a Wellness/Client-Run Center?

Wellness/Client-Run Centers provide two new options for adult clients to assist them on the road to recovery from their mental illness. This brochure will also assist clients in answering questions about the types of activities and services being offered, in addition to providing contact information for the Wellness/Client-Run Center nearest to them.



Wellness/Client-Run Center Activities and Services	Wellness	Client-Run
<b>Psychiatric Services</b> Medication support services and prescription management.	✓	
<b>Case Management</b> Support client goals for recovery, plan and coordinate services.	✓	✓
<b>Health Screenings:</b> Body mass index, blood pressure, diabetes, cholesterol, etc.	✓	
<b>Healthy Living Activities</b> Including recreation, health education and referral to primary healthcare services.	✓	✓
<b>Peer-Led Self-Help Groups</b>	✓	✓
<b>Peer Support Services</b>	✓	✓
<b>Supports for Clients with Co-Occurring Disorders</b>	✓	✓
<b>Linkages and Referrals</b>	✓	✓
<b>Outreach, Collaboration and Connection with the Community</b>	✓	✓

## Frequently Asked Questions

### Who Does a Wellness Center Serve?

Clients who are stable in treatment and looking to further progress in their recovery goals.

And, any client seeking additional support provided from peers, like support groups.

### What Are Peer Support Services?

Peer support can include self-help groups or one-on-one services like mentoring. Through peer support, clients with similar experiences can relate to each other and offer advice, suggestions and strategies for managing their lives in recovery.

### How Is a Wellness or Client-Run Center Different from a Mental Health Clinic?

Clients in recovery have an important decision-making role in the management of the centers. All staff at Client-Run Centers, and at least 50% of staff at Wellness Centers, are consumers in recovery.



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## Wellness/Client-Run Centers in Los Angeles County

### Service Area 1

(WC) Antelope Valley MHC  
251 East Avenue, K-6  
Lancaster 93535  
661-223-7800

(CRO) National MHA  
1609-G E. Palmdale Blvd.  
Palmdale 93550  
661-947-1595

(WC) Palmdale MHC  
1529 E. Palmdale Blvd., #150  
Palmdale 93550  
661-575-1800

### Service Area 2

(WC) Hillview MHC  
12450 Van Nuys Blvd.  
Pacoima 91331  
818-896-1161, ext. 271

(WC) San Fernando MHC  
10605 Balboa Blvd.  
Granada Hills 91344  
818-832-6161

(CRC) San Fernando Valley CMCH  
14411 Vanowen St.  
Van Nuys 91405  
818-989-7475

(WC) West Valley MHC  
7621 Canoga Ave.  
Canoga Park 91304

### Service Area 3

(WC) Arcadia MHC  
330 E. Live Oak Ave.  
Arcadia 91006  
626-821-5880

(WC) Bill Compton, Jr. Wellness Ctr.  
66 Hulbert  
Pasadena 91105  
626-441-4221, ext. 319

(WC) Social Model Recovery System  
510 S. Second St.  
Covina 91723  
626-332-3145, ext. 241

### Service Area 4

(WC) Hollywood MHC  
1224 Vine St.  
Los Angeles 90038  
323-769-6100

(WC) Northeast Wellness  
5564 N. Figueroa St.  
Los Angeles 90042  
323-341-5100

(CRC) Special Services for Groups  
2120 W. 8<sup>th</sup> St., #210  
Los Angeles 90057  
213-368-1888, ext. 12

### KEY:

**WC- Wellness Center**  
**CRC – Client-Run Center**

### Service Area 5

(WC) Edmund D. Edelman  
Westside MHC  
1900 Westwood Blvd.  
Los Angeles 90025  
310-966-6500

(CRC) Step Up on Second  
1328 Second St.  
Santa Monica 90405  
310-394-6889, ext. 53

### Service Area 6

(WC) Compton MHC  
921 E. Compton Blvd.  
Compton 90221  
310-668-6878

(WC) Exodus Recovery  
8401 S. Vermont Ave.  
Los Angeles 90044  
323-789-6492

(WC) Portals  
3881 S. Western Ave.  
Los Angeles 90062  
626-254-5003

(WC) West Central MHC  
3751 Stocker St.  
Los Angeles 90008  
323-298-3680

### Service Area 7

(CRC) CA Hispanic Commission  
10012 Norwalk Blvd.  
Santa Fe Springs 90679  
562-941-2537

(CRC) Pacific Clinics  
11731 Telegraph Rd.  
Santa Fe Springs 90670  
626-441-4221 ext. 319

(WC) Rio Hondo MHC  
17707 S. Studebaker Rd.  
Cerritos 90703  
562-402-0688

### Service Area 8

(WC) Harbor-UCLA Medical Center  
(Children & Adolescents)  
1000 W. Carson St.  
Torrance 90509  
310-222-2085

(WC) National MHA  
1078 Atlantic Ave.  
Long Beach 90813  
562-285-0149

(WC) San Pedro MHC  
150 W. 7<sup>th</sup> St.  
San Pedro 90731  
310-519-6100

(WC) South Bay MHC  
2311 W. El Segundo Blvd.  
Hawthorne 90250  
323-241-6730



**William T Fujioka, Chief Executive Officer**  
**Los Angeles County**

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**Los Angeles County**  
**Department of Mental Health**  
**550 South Vermont, 12<sup>th</sup> Floor**  
**Los Angeles, CA 90020**

**Phone: 213-738-4601**  
**Fax: 213-386-1297**



**<http://dmh.lacounty.gov>**



**If You Are in Crisis and  
Need Help Right Away**  
**Call Toll-Free, 24/7 Access Helpline:**  
**1-800-854-7771**

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**recovery**

# Wellness & Client-Run Centers

